

drinks

The beverages really useful to us as food are milk, cocoa, chocolate, and fruit drinks. Cocoa is chocolate with most of the fat or "cocoabutter" removed.

Never boil tea or allow it to steep more than 5 minutes.

Prepare iced tea by pouring freshly prepared strong tea into a glass of chipped ice. Serve with sugar, slice of lemon, or orange.

Prepare iced coffee by pouring freshly prepared strong coffee into a glass of chipped ice.

Cocoa is a suitable hot drink for a child's breakfast. It should be thoroughly cooked because of its starch content.

CEYLON SPICED TEA

The spices are cardamom, cinnamon and cloves.

Open 12 cardamom pods, remove seed and crush slightly. Add $1\frac{1}{2}$ teaspoons cracked cinnamon, 1 tablespoon dried, grated orange peel (from store), the crushed heads of 8 whole cloves and $\frac{1}{2}$ cup loose tea. Pack in a pretty jar and tell your friend to use 1 rounded teaspoon for each cup of tea and brew it 5 or 6 minutes.

